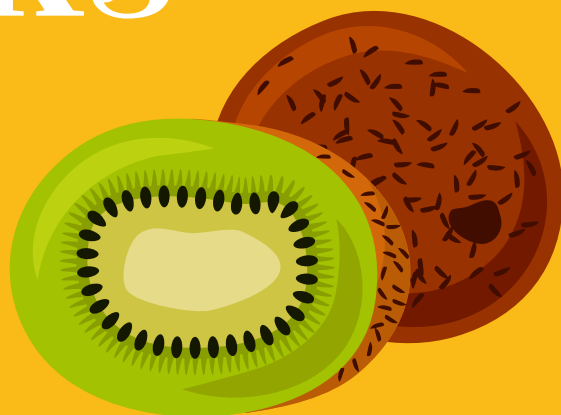
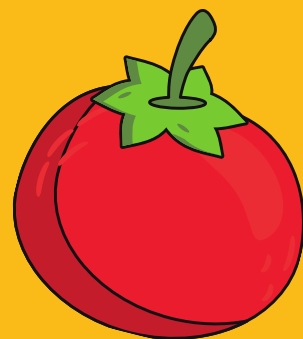




4

WAYS TO
MAKE
Fruit &
Veg
Snacks



Celery Snails



Step 1. Ask an adult for some help to cut celery stalks to make the body of your snail.

Step 2. Fill the body with peanut butter or cream cheese.

Step 3. Top with an apple, orange, kiwi, cucumber or tomato slice for the snail shell OR some grapes or berries for a caterpillar body.

Step 4. Insert cashew head.

Step 5. Use peanut butter or cream cheese to glue on sultanas for eyes.

Note: This recipe may not be suitable for children under 3 as whole grapes and nuts can be a choking hazard.

Toast Toppers

Step 1. Pick out how many pieces of bread you would like to have. If you would like it toasted, ask for some help to place in the toaster.

Step 2. Once your toast is ready, pick your base and spread it on to the bread (e.g Hommus, avocado, peanut butter or cottage cheese)

Step 3. Pick your toppings, try to have as many colours as possible! (e.g blueberries, strawberries, cucumber, banana or eggs)

Note: If you need to cut anything make sure you ask an adult for help!



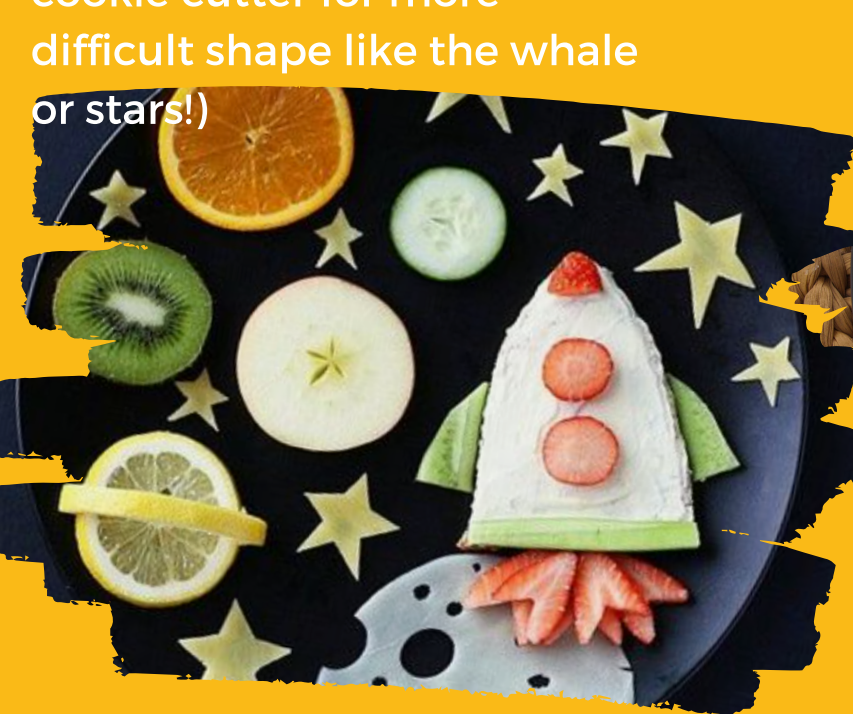
Sandwich Shapes

Step 1. Think about what you would like to make today.. Maybe a rocket ship, maybe an animal or maybe your house?

Step 2. Grab your bread, and pick out a spread (e.g peanut butter or cream cheese).

Step 3. Ask an adult to help you to carefully cut your piece of bread into the shape you want and cover it with your spread (triangle for a rocket, a square and a triangle for your house or you can try using a cookie cutter for more difficult shape like the whale or stars!)

Step 4. Pick out some other toppings you may need to complete your shapes and if you need, ask for some help to cut them. (e.g cheese to make a moon, cut some cucumbers to look like stars, oranges to be planets, berries or raisins to make eyes, carrots to make doors and windows!)



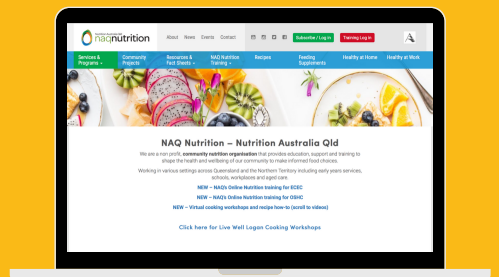
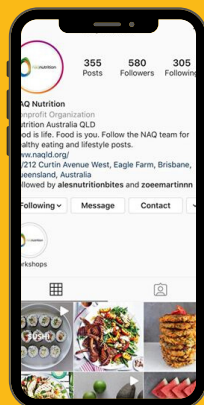
Rainbow ice-blocks

Step 1. Zest and juice 1 whole lime.

Step 2. Ask an adult to help puree 2 of your favourite fruits and 1 of your favourite vegetable with $\frac{3}{4}$ cup of coconut milk in a blender until completely smooth. (e.g. 1 cup spinach, 1.5 cups pineapple & $\frac{1}{2}$ banana)

Step 3. Pour into your favorite ice-block mould with a popsicle stick and freeze for 3-4 hours or until completely solid.

TIP: if you don't have any moulds at home or want to try different shapes, try ice cube trays or a tall, thin plastic container



Interested in some more recipes, information or workshops for you and your family? Check out our socials!

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